

Grenfell Support News

Last chance to get involved with paid training courses

There are still a few remaining places on the Repowering London paid training courses. These courses, aimed at North Kensington residents aged **16 to 19**, are the perfect opportunity to earn while you learn.

Spend two to six hours a week to boost your employability, learn life skills and meet new people while earning £10 per hour for your efforts.

There's a range of skills to be gained, from marketing and social media to renewable energy technologies and solar panel making. Those who complete the 40-hour course will receive a qualification certificate accredited by awarding body AQA.

The course will usually take place on **Tuesday** evenings on **Thorpe Close, W10**.

Full information of the course schedule will be provided once you apply.

Interested? Email, text or call Dave Fuller now to get involved:

dave.fuller@repowering.org.uk

07395 621 925. This course starts on **Tuesday 25 September** so don't delay!



IN THIS EDITION

- 2 Activities programme at The Curve Community Centre**
- 3 Looking for a fun-filled volunteering experience?**
- 3 ACAVA Mosaic continues to flourish**
- 3 Community day at Kensal Library**
- 4 Get informed this Sexual Health Week**
- 4 Housing update**
- 4 Support services on offer**

Wake up to a free workout this National Fitness Day

Residents in North Kensington are invited to take part in a free activity to mark National Fitness Day, the country's biggest celebration of physical activity, on **Wednesday 26 September** at **Westway Sports and Fitness Club, 3-5 Thorpe Close, W10 5XL**.

The annual event, which is co-ordinated by ukactive and leading leisure provider Everyone Active, encourages the nation to enjoy the benefits of physical activity which include improved health, weight management, happiness and wellbeing. To celebrate, Westway Sports & Fitness Club is offering free a High Intensity Interval Training (HIIT) Circuit session at **7.30am**. Everyone is welcome to come along and give it a go.

The club will also be opening its doors on **Sunday 30 September** for a completely free community day. Members of the public are invited to come down to try out the facilities and take part in physical activities.

Just 30 minutes of activity five days a week can make a big difference to your fitness levels and, with so many classes and options on offer at the Westway Club, there's bound to be something you'll enjoy.

To find out more and to pre-book the free fitness session, call the team on **020 8960 2221**, book via the Everyone Active App or drop into the centre.

Also showing support for National Fitness Day, Kensington Leisure Centre will be hosting free Spinathon classes on **Wednesday 26 September**. Spinning is one of the most rewarding and challenging workouts you can complete, why not bring along a friend and get into the spirit of the day? Spinathon sessions will be held at **6.45pm, 7.30pm and 8.15pm** in the Group Cycle Studio at **Kensington Leisure Centre, Silchester Road, W10 6EX**.

Visit bit.ly/2pp1k2j or call **020 3793 8210** to book.

Grenfell Inquiry team to host drop-in

Members of the Grenfell Inquiry team will be at **Notting Hill Methodist Church, 240 Lancaster Road, W11 4AH** on **Monday 24 September** from **9.30am**

to **12.30pm**. Drop-in between these hours if you're interested in talking to the team and learning about the process of the Inquiry.

For daily updates on the Inquiry, follow Grenfell Inquiry on Twitter twitter.com/grenfellingquiry

Activities programme at The Curve Community Centre

Monday 24 September

- **12noon–2.30pm** – ICT classes for beginners from NOVA. Booking required, contact Chrissy on **020 7221 9836**
- **1pm–3pm** – Healthy Hearts weight management 10 week course. Sign up every Wednesday with Olivia at The Curve from 10am to 12noon or email **olivia.bales@healthyhearts.org.uk**
- **2pm–4pm** – Community Contact Team – drop-in advice
- **5pm–7pm** – Homework Club for ages 11 to 18 with a qualified tutor (drop-in)
- **6pm–8pm** – Functional skills in English with NOVA. Contact Chrissy to book **020 7221 9836** (booking required)
- **6.30pm–7.30pm** – Zumba with Paula for ages 18 plus (drop-in)
- **6.30pm–7.45pm** – Jambi presents Tribo Samba-Reggae Percussion Workshop. All abilities welcome (drop-in)

Tuesday 25 September

- **10.30am–12.30pm** – CV workshop with Jasmine from NOVA. All ages welcome (drop-in)
- **10am–3pm** – Fouzia's Sewing Club – drop-in sewing club for all, grow your skills, knit and natter
- **10.30am–12.30pm** – ESOL/English Award in English Skills at entry level 1 and level 2 from Westway Trust. Accredited course (drop-in)
- **2pm–4pm** – Health and Wellbeing course for ages 50 plus from Open Age. To book, call Maude on **020 8962 5594**.
- **4.30pm–5.30pm** – Shared Reading Group for adults and children. Contact Erin on **07483 972020** or **erincarlstrom@thereader.org.uk** to book. Come and share the joy of reading.
- **5pm–7pm** – Arabic language classes for ages seven plus (booking required, email **thecurve@rbkc.gov.uk**)

Wednesday 26 September

- **10am–12noon** – The Curve coffee morning. Come along for a coffee and a chat
- **10am–12noon** – Learn new ICT skills with a qualified tutor from Age UK. Enrol to attend all sessions. For more info and to book, call Maude on **020 8962 5594**
- **10am–12noon** – Circle of Security parenting programme from Total Family Coaching and Parenting. The Circle of Security is an eight-week relationship-based early intervention programme designed to enhance attachment security between parents and children. To enrol, contact **info@totalfamilycoaching.co.uk** or call **020 8969 5554** or **07397 871877**
- **11am–2.30pm** – The Landmark London Hotel recruitment day. Come along to learn about job opportunities available to you. For ages 18 plus (drop-in)
- **12noon–2.30pm** – ICT classes for beginners from NOVA. Contact Chrissy to book **020 7221 9836** (booking required)
- **1.15pm–3.15pm** – Drug and alcohol support session (drop-in)
- **4pm–7pm** – Girls youth group for ages 13 plus (run by Laura for emotional health and wellbeing)
- **6pm–8pm** – Functional Skills in English with NOVA. Contact Chrissy to book **0207 221 9836** (booking required)

Thursday 27 September

- **10.30am–11.30am** – Adults' Yoga with Dimitris (drop-in)
- **10.30am–12.30pm** – Job search workshop with Jasmine from NOVA. All ages welcome (drop-in)



- **11.30am–2pm** – Creative arts with Jay for adults. Creative class with jewellery making, upcycling and fabric design activities including African head wrapping (drop-in)
- **2pm–6pm** – Home Office. Help with immigration and passport issues (drop-in)
- **10am–4pm** – Clarion Housing Group. Job search sessions open to everyone to help with job applications and CV writing (drop-in)
- **3pm–5pm** – One Digital at The Curve. Learn how to access and enjoy the internet. For all abilities (drop-in)
- **4pm–6.30pm** – Creative arts with Jay for ages seven plus. Younger children must be accompanied by an adult. Sessions will consist of painting, drawing and mask making (drop-in)
- **5pm–7pm** – Arabic language classes for ages seven plus (registration is required, please email **thecurve@rbkc.gov.uk**)

Friday 28 September

- **11am–12noon** – Zumbini. Zumba for children (drop-in)
- **5pm–6.15pm** – Dance class with James for ages seven to 12. Beginner's workshop (drop-in)
- **6.15pm–7.30pm** – Dance class with James for ages 13 to 18. Beginner's workshop (drop-in)

Saturday 29 September

- **10am–12noon** – ICT classes for beginners from NOVA. Six-week course. Contact Chrissy to book **020 7221 9836** (booking required)
- **2pm–4pm** – Jambi presents Tribo Samba-Reggae percussion workshop. All abilities welcome (drop-in)
- **2pm–5pm** – Music studio workshop with Moss. Moss specialises in beat making, songwriting, recording and live performance skills (drop-in)

The opening times for the creche at The Curve are:

Monday and Tuesday: 10am to 3pm
Wednesday and Friday: 10am to 5pm
Thursday: 10am to 12noon

To book a place in the creche, call **020 7221 9836** or email **thecurve@rbkc.gov.uk**

The Curve Community Centre, 10 Bard Road, London W10 6TP

Some sessions need to be booked in advance to secure your place, so email **thecurve@rbkc.gov.uk** and they will confirm your reservation by return.



For a full list of events visit **grenfellsupport.org.uk/thecurve/events**

This information is provided weekly by The Curve Community Centre.
 For more information call **020 7221 9836**

Looking for a fun-filled volunteering experience?

The Trace Elementz Fest, taking place on **Portobello Green** on **Sunday 30 September**, is recruiting enthusiastic volunteers to work as stewards. If you enjoy art, music and dance, this could be the perfect way to experience the fun-filled fest while giving back to your community and playing a role in an event enjoyed by hundreds.

Stewards will be the face of the festival, helping with the delivery of an enjoyable and safe experience. The role will be to welcome visitors, share information, give directions and distribute programmes. Volunteers should enjoy spending time with people and have a good sense of humour. To register interest for this role, visit the "Do It" website bit.ly/2xEb0Ke

For those who may become ill during the festival, a qualified first aider is needed to provide support until more advanced medical treatment can be sought. Great communication skills, the ability to stay calm and the capacity to think clearly is a must.

If you are a qualified first aider and would like to volunteer for this role, visit the "Do It" website, where you can find out more and register interest bit.ly/2NSJrqM

Both roles are flexible with two shifts to choose from, **12noon to 4pm** and **4pm to 8pm**.

All applicants must be at least 18 years old.

To get involved, visit the above links or call **020 8960 3722**.



ACAVA mosaic continues to flourish

The third petal for the Grenfell Memorial Community Mosaic project was completed by The ClementJames Centre staff and centre users, with support from the project artists Emily Fuller and Tomomi Yoshida. They chose the word "Unity" to represent the centre and its response to the tragedy.

One participant said that she was so grateful to be part of the project before leaving her role at the centre.

The fourth petal will be created by sports centre Everyone Active and local community group Westway Trust. The petal will feature their chosen word "Teamwork". There will be an open session for anyone to come along and place a tile or two on the petal on **Saturday 29 September** from **10.30am to 12.30pm** outside the **Westway Sports and Fitness Centre, 1 Crowthorne Road, W10 6RP**.



Community day at Kensal Library

Come along to the Grenfell Community Day, which is being hosted by Kensington and Chelsea Libraries on **Wednesday 26 September** at **Kensal Library, 20 Golborne Road, W10 5PF**. There's activities for all ages, refreshments and snacks as well as support and health advice available for those who might need it.

No need to book, just come along from **12noon to 4pm**. To keep up with all events hosted by RBKC Libraries, follow their updates on Twitter twitter.com/RBKCLibraries



Support services on offer

Anyone who would like to speak to the police in relation to the investigation into the Grenfell tragedy is asked to contact the Met Police on **0800 032 4539**.

Important contacts

Grenfell Enquiries service

A one-stop-shop for support, advice and guidance around Grenfell. For more information visit grenfellsupport.org.uk/grenfell-enquiries or call **020 7745 6414**

Cruse Bereavement Care

Call the Freephone helpline on **0808 808 1677** or email

helpline@cruse.org.uk

The helpline is open **Monday-Friday** from **9.30am to 5pm**. Extended hours Tuesday, Wednesday and Thursday evenings until **8pm**.

Replacement UK passports, visas or immigration queries

Call the Home Office advice line on **0300 303 2832**. The line is open 24 hours.

Air quality and smoke exposure

If you have concerns about any symptoms, see your GP and mention Grenfell. They will be able to direct you appropriately.

Housing support

If you have any questions about housing or want to find out who your housing officer is please call **0800 137 111** or **020 7361 3008**.

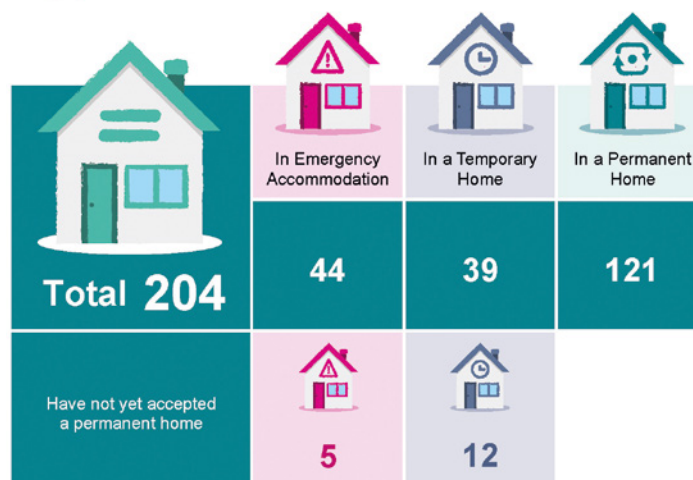
Victim support

Call **0808 1689 111** for practical and emotional support, or visit victimsupport.org.uk The line is open 24 hours a day.

You can also get emotional and practical support at **The Curve Community Centre**. Call **020 7221 9836**.

Grenfell Tower and Grenfell Walk rehousing progress update

These are the figures for
20 September 2018



Get informed this Sexual Health Week

As part of Sexual Health Week 2018, (**Monday 24 September to Sunday 30 September**), SASH (Support and Advice on Sexual Health) is offering free workshops to build knowledge around contraception, STIs, healthy relationships and consent. These workshops are specifically for people who live in Kensington and Chelsea, Hammersmith & Fulham and Westminster.

Wednesday 26 September, 1pm to 3pm

Sexual health workshop for men,
209a Harrow Road, W2 5EH

Thursday 27 September, 1pm to 3pm

Mixed gender sexual health workshop,
30 Black's Road, W6 9DT

Thursday 27 September, 5pm to 7pm

Sexual health workshop for women,
St Charles' Centre for Health and Wellbeing, Exmoor Street, W10 6DZ

Register today at

www.SASHworkshops.eventbrite.co.uk

and email info@SASHLondon.org for more information.

Refreshments will be provided.



Upcoming meetings

Residents welcome to attend.

Grenfell Recovery Scrutiny Committee

Monday 15 October, 6.30pm
Kensington Town Hall

Full Council

Wednesday 17 October, 6.30pm
Kensington Town Hall

Hestia and the Central and North West London NHS Foundation Trust are based overnight at the **Notting Hill Methodist Church, Lancaster Road** from **10pm to 8am**. Pop in for a chat and support.

The newsletter is also available in Arabic and Farsi languages.